



Fried Florida Oysters

- 1 pint Florida oysters, shucked
- 3 tablespoons milk
- 1/2 cup all-purpose flour
- 1/2 cup cornmeal
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- canola oil for pan frying

Drain liquid from oysters and remove any shell pieces. In a bowl, combine oysters and milk. Mix flour, cornmeal, salt and pepper in a pie plate and coat oysters with flour mixture. In a heavy skillet, fry oysters in oil over medium-high heat for 2 to 3 minutes on each side until browned. Drain on absorbent paper. Serve with a favorite sauce or on salad.

Yield: 6 servings

Nutritional Value Per Serving:
 Calories 131, Calories From Fat 25 , Total Fat 3g,
 Saturated Fat 0.78g, Trans Fatty Acid 0, Cholesterol
 45mg, Total Carbohydrate 17g, Protein 8g,
 Omega 3 Fatty Acid 0.51g

Oysters Rockefeller

- 36 Florida oysters, shucked, on the half shell
- rock salt
- 2 cups Florida spinach, cooked and drained
- 1/4 cup Florida onion, chopped
- 2 fresh bay leaves
- 2 tablespoons Florida celery, chopped
- 1 teaspoon Florida parsley, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon hot pepper sauce
- 1/3 cup butter
- 1/2 cup dry breadcrumbs
- 1 tablespoon Florida lemon juice

Preheat oven to 400° F. Arrange oysters in shells on rock salt in a baking dish. Process spinach, onion, bay leaves, celery, parsley and seasonings in a food processor until smooth. In a saucepan, cook spinach mixture in butter for 5 minutes. Add breadcrumbs and lemon juice, mixing well. Spoon the spinach mixture on top of oysters and bake at 400° F until oyster edges curl.
 Yield: 6 servings



Nutritional Value Per Serving: Calories 203, Calories From Fat 113 , Total Fat 13g, Saturated Fat 8g, Trans Fatty Acid 0, Cholesterol 71mg, Total Carbohydrate 13g, Protein 9g, Omega 3 Fatty Acid 0.56g



Golden Oyster Chowder

- 1 pint shucked Florida oysters, undrained
- 1/2 cup Florida onion, chopped
- 1/2 cup Florida celery, sliced
- 2 cups fresh Florida mushrooms, sliced
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups Florida milk
- 1 10 1/2 ounce can cream of potato soup
- 1 1/2 cups sharp Cheddar cheese, shredded
- 1 2-ounce jar diced pimiento
- 1/4 teaspoon hot pepper sauce

Remove any shell particles from oysters; set aside. Cook onions, celery and mushrooms in butter over low heat until tender. Stir in flour, salt and pepper; add milk gradually stirring until thickened. Add potato soup and grated cheese. When cheese is melted, add oysters, pimiento and hot pepper sauce. Simmer for 5-10 minutes or until oyster edges curl.

Yield: 6 servings

Nutritional Value Per serving: Calories 330, Calories From Fat 200, Total Fat 23g, Saturated Fat 15g, Trans Fatty Acid 0, Cholesterol 95mg, Total Carbohydrate 17g, Protein 16g, Omega 3 Fatty Acid 0.46g

Spicy Jalapeno Cheese and Bacon Oysters

- 36 Florida oysters, shucked, on the half shell
- rock salt
- 12 ounces mozzarella cheese, grated
- 1/2 cup cooked bacon, crumbled
- 4 Florida jalapeno peppers, chopped

Arrange oysters on rock salt in a baking dish. Top each oyster with 1/2 teaspoon of cheese, crumbled bacon and chopped jalapeno to taste. Bake in a preheated oven at 350° F for 10 minutes or until edges of oysters begin to curl.

Yield: 6 servings

Nutritional Value Per Serving:
 Calories 248, Calories From Fat 110, Total Fat 12g; Saturated Fat 12g; Trans Fatty Acid 0, Cholesterol 50mg, Total Carbohydrates 7g, Protein 27g, Omega 3 Fatty Acid 0.46g

